



# PAGANO GYM

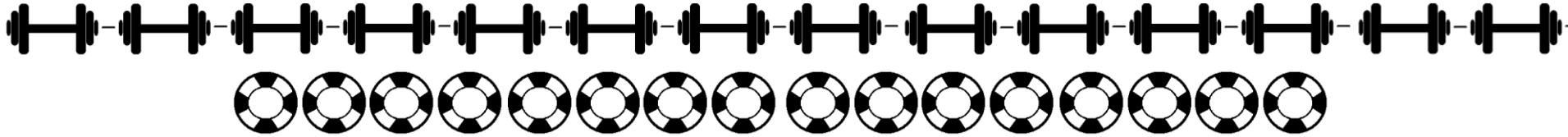
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0830-0930	<b>Toning</b> (Anna-Maria)		<b>Toning</b> (Anna-Maria)		<b>Fitball</b> (Anna-Maria)
0930-1030	<b>Step</b> (Anna-Maria)		<b>Step</b> (Anna-Maria)		<b>Toning</b> (Anna-Maria)
1100-1200	<b>H.I.I.T.</b> (Suki)	<b>Toning</b> (Anna-Maria)	<b>H.I.I.T.</b> (Suki)	<i>1115-2000</i> <b>Yoga/Pilates</b> (Tasha)	
1200-1245		<b>Yoga</b> (Tasha)			
1630-1730		<b>Interval Circuit</b> (Yuressa)			
1730-1815	<b>Zumba</b> (Yuressa)	<b>Zumba</b> (Yuressa)		<b>Zumba</b> (Yuressa)	

\*THERE WILL BE NO CLASSES ON HOLIDAYS.

\*CLASSES MAY BE CHANGED OR CANCELED DUE TO UNFORESEEN CIRCUMSTANCES.

**Fitball** - Total body toning, improve strength and balance using a stability ball  
**H.I.I.T.** - Just what it stands for: High Intensity Interval Training  
**Interval Circuit** - Calisthenics and body weight exercises with cardio and strength  
**Step** - Use an adjustable elevated platform/bench for a great cardio workout  
**Toning** - Total body weight training, using body weight and light dumbbells

**WELLBEATS** - Innovative virtual group fitness presentation  
**Yoga** - Relaxing mind/body conditioning, breath control, toning, and stretching  
**Yoga/Pilates** - Controlled stretching and strengthening exercises that engage the mind and body  
**Zumba** - Energizing, rhythmic, cardio dance moves performed to a variety of upbeat music



# REDSTONE AQUATIC CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0800 - 0845		Water Aerobics (Suki)		Water Aerobics (Suki)	
STANDARD AQUATIC CENTER RATES APPLY. \$4.00 PER CLASS					

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